

healthy choices



live well. be well.

BUILDING

A Relationship with your Doctor

Decades of research have shown that a good relationship with your physician is important to your health. Patients who have good relationships and effective communication with their physicians are more satisfied with their care and better able to manage their medical problems. They are also more likely to share information about their conditions which leads to an accurate diagnosis.

Many factors contribute to the patient-physician relationship, including patients' trust in physicians, active patient participation, patient involvement in decision-making, and providing adequate time for patients to ask questions. Physician communication skills are paramount, especially empathy, clear explanations, active listening, and respect for the patient. An expert panel concluded that physicians should include the following seven elements in all patient visits:

- Build the doctor-patient relationship.
- Open the discussion.
- Gather information.
- Understand the patient's perspective.
- Share information.
- Reach agreement on problems and plans.
- Provide closure.

Factors related to the health care system can also impact the patient physician relationship. These factors include the continuity of care (seeing the same physician multiple times), the patients' choice of physician, accessibility of physicians, and providing sufficient encounter time. Encouragingly, formal training programs for practicing physicians have been shown to improve the quality of communication with patients.

7 Ways to Build a Better Relationship with Your Doctor

- Be prepared for the appointment.
- Use the time with your doctor wisely.
- Bring a companion to your appointment.
- Be honest with your physician.
- Be sure you understand your care plan.
- Communicate with your physician.
- Follow your care plan.



2021 Open Enrollment

Coming Soon

What does Open Enrollment mean for you?

This period is the time during which you may choose a different coverage option for which you are eligible during the next calendar year (beginning January 1st).

What happens if you do not complete the Open Enrollment form during the months of October and November?

If you do not complete the Annual Open Enrollment Form during the months of October and November, then you will remain at the same coverage level for which you were enrolled for the prior year.

If you have never enrolled, you will automatically be enrolled in the highest level of coverage for which you are eligible, as determined by your hours worked, unless you opt for a lower level of coverage or you opt for no coverage.

Adding dependent(s)

Please contact the Fund at 314.835.2700 or toll free at 1.866.565.2700 and we will assist you in getting the appropriate forms.

You may also visit, www.655hw.org to download the Enrollment and Beneficiary form and the Spousal Coverage Verification form.

Submit changes to the following

Fax : 314.966.9848

Mail: 13537 Barrett Parkway Drive, Suite 100
Manchester, Mo 63021

Have you moved within the last year?

In order for you to receive an Open Enrollment Form, please keep the Welfare Fund office informed of your current address. If you need to update your address please contact The Welfare Fund Office at 314.835.2700 or toll free at 1.866.565.2700.



If there are no changes to your plan, you do not need to return the form.

